



DANDELIONS!!!!!! Okay, I know you are thinking..."What do dandelions have to do with health?" As I walk my neighborhood and my own Japanese garden, I see the invasion has begun once again. I reach down to pull one hoping that I can get the whole thing with my bare hands, and cheer when the root comes out in one piece. But, the flower has already gone to seed and as I successfully get the plant out of the ground - you guessed it - the fuzzy seeds fly everywhere! Next crop has already begun!

What does this have to do with health, you ask??? We are in the spring season of sneezing, sneezing, sneezing -- allergies, sinus infection, cold---you name it. As I watched the dandelion seed puffs fly through the air, I saw a clear visual of what a sneeze does! Those germs are now successfully rooted wherever they landed. Another

person, a piece of food that someone next to you eats, a book that is shared in the pew, all can harbor a sneeze germ, and now it can cause someone else discomfort.

I know a wonderful way to prevent this!!! Not the sneezing, but the spread of germs! Yes you have seen it on posters, you have heard it in classrooms, you see it demonstrated when someone else sneezes, and you even see the posters above the sink in our bathrooms.

Rx Cover your mouth when you cough or sneeze

Rx Sneeze/cough into your elbow if you have no tissue handy!

Well, that was easy! We could **single handedly prevent the spread of germs** and stop someone else from getting sick or suffering needlessly. I hope each of you will be a warrior in the army of germ eradication, and make sure that not one germ from a sneeze gets away from you. It will successfully die in a tissue or be trapped in your elbow where it won't spread as rapidly to another unsuspecting host. Help me stamp out the spread of the springtime germ invasion. Think of the dandelion seeds blowing through the air and sticking firmly anywhere they land. Make sure you prevent the spread of your germs from a cough or sneeze.

Now you know the connection between dandelions and healthy habits. I hope you will spread the word --not the germs!

Live a healthy blessed week sharing His word, not your germs!

Cynthia Rutan, Parish Nurse at Peace